

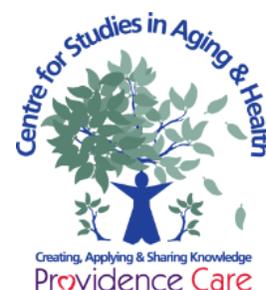
South East Regional Integrated Fall Prevention & Management Strategy



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Introduction

Falling can have a significant impact on older adults, their families and the health care system. Falls can result in a major life change for older adults including disability, loss of independence, changes in living arrangements, and even death. It is estimated that one in three older adults are likely to fall at least once per year.¹ This is especially alarming since the South East Local Health Integration Network (LHIN) has the highest proportion of residents over the age of 65 at more than 20 per cent of the population.²

For the Ontario health care system, falls and fall-related injuries costs billions of dollars every year.³ Falls are one of the leading causes of preventable injury amongst older adults and often lead to avoidable emergency department visits, hospitalizations, and admissions to long-term care homes.⁴ Moreover, falls are responsible for over 95 per cent of all hip fractures in Ontario.⁴

Fortunately, falls and fall-related injuries can be prevented through a cross-sectoral approach working towards a system-level change that influences older adults and their care providers at all levels. The South East Regional Integrated Fall Prevention & Management Strategy was developed to address the needs of older adults who are at various risk-levels of falling, and the capacity of health care providers to respond to individual needs through an integrated system approach. The goal of the strategy is to reduce the incidence, severity and impact of falls among adults aged 65 and older.

Background

In 2010, falls prevention was identified as a key pan-LHIN priority and a priority project by every LHIN CEO. Moreover, fall prevention across the lifespan remains a key priority in the Ontario Public Health Standards. Through collaboration between public health units and LHINs across the province, a framework was released to guide the development of a regional integrated falls prevention strategy in each LHIN.

Through Physiotherapy Reform in 2013, a collaboration with Public Health was developed to support the planning for publicly-funded exercise and falls prevention classes, and develop an evidence-based curriculum for the regional falls prevention program. In 2015, a broader stakeholder group, including representation from a variety of vested centres and organizations across the continuum of care, formed to support the planning and development of a regional falls prevention & management strategy (Appendix 1).

In June of 2015, a stakeholder engagement event involving more than 70 attendees was held to confirm the need for an integrated approach to falls prevention and management, as well as identify gaps/needs to be addressed in a regional strategy. An environmental scan was also completed to identify existing programs and services available in the South East. The environmental scan also helped to gain further feedback on how to ensure a systemic approach to fall prevention and management is adopted in the South East. Key identified needs to be addressed in a regional strategy included:

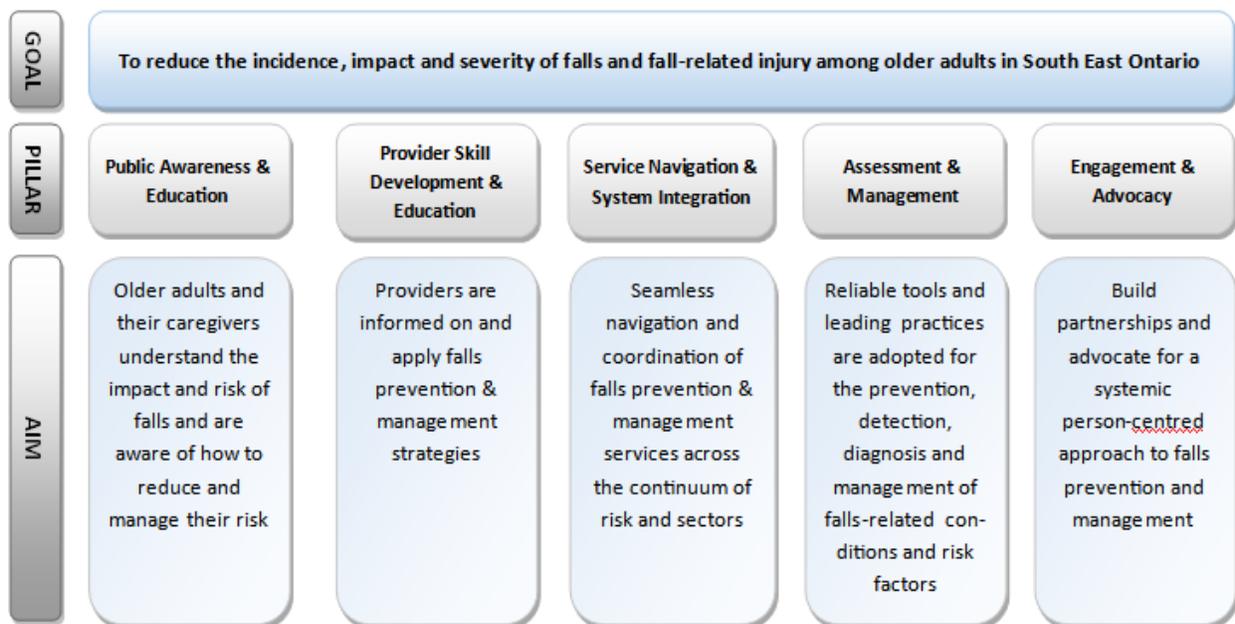
- Community education, awareness, and information about fall-risk factors and fall prevention
- Provider education and training, including a source of updated information on best practices
- Centralized resources for fall prevention services
- Improve knowledge of what services and initiatives are available within our region
- Improved coordination among health care and other providers

- Improved ease of system navigation to transform the current system into a person-centered system
- More opportunities to communicate, collaborate, inform, and learn from one another

Following the engagement and environmental scan, a multi-sectoral strategic planning session was held to identify the purpose, scope, aims, objectives and activities of a regional strategy. The draft strategy was presented to stakeholders via webinar in June of 2016, and was validated before receiving endorsement from the South East LHIN.

The Strategy

The goal of the Regional Integrated Fall Prevention & Management Strategy is *to reduce the incidence, impact and severity of falls and fall-related injury among older adults in South East Ontario*. Five core pillars have been identified as the foundation of the strategy to provide direction to work that will occur over the next three to five years. The elements of the strategy, when addressed across sectors (e.g., community, primary care, home and community care, hospital, long-term care), will span the needs of older adults along the continuum of risk.



Key objectives and deliverables have been identified for each core pillar. Additional priority areas may be identified within a pillar to address the specific needs of a sector and will be considered based on the impact on the goal of the strategy.

Public Awareness & Education

<i>Older adults and their caregivers understand the impact and risk of falls and are aware of how to reduce and manage their risk</i>	Objectives	Proposed Action/Deliverables
	To adopt a consistent approach to messaging on prevention, risk and impact of falls	<i>Identify and adopt consistent messages across the region</i>
	To increase knowledge of the benefits and reduced risks from participating in a healthy active lifestyle	<i>Promote healthy active lifestyles as a means of falls risk reduction</i>
	To increase awareness and participation in healthy aging and falls prevention programs	<i>Promote regional programs for self-referral</i>
	To increase self-monitoring and self-assessment among older adults	<i>Adopt and promote a regional self-assessment tool</i>

Provider Skill Development & Education

<i>Providers are informed on and apply falls prevention & management strategies</i>	Objectives	Proposed Action/Deliverables
	To increase awareness, access and application of evidence based guidelines	Identify and promote leading evidence based guidelines for falls prevention and key risk factors
	To increase awareness, access and application of evidence based strategies, screening tools and assessments across the continuum of care	Identify and promote leading evidence based strategies, screening tools, assessments, and decision support tools (e.g., navigation algorithm)
	To increase awareness, access and application to education related to falls prevention and key risk factors	Promote existing education opportunities and address gaps in education opportunities
	To Increase sharing of falls prevention and management initiatives to support quality improvement	Develop opportunities to share quality improvement activities within and across sectors

Service Navigation & System Integration

<i>Seamless navigation and coordination of falls prevention & management services across the continuum of risk and sectors</i>	Objectives	Proposed Action/Deliverables
	To develop a cross-sectoral algorithm to support navigation to the most appropriate intensity of service	Develop and promote an algorithm to support service navigation based on level of risk
	To simplify referral process and ensure navigation to most appropriate intensity of service	Develop and promote a seamless referral process
	To improve awareness of falls prevention & management services in the South East	Facilitate and promote the use of South East HealthLine inventory of services for falls prevention.

Assessment & Management

<i>Reliable tools and leading practices are adopted for the prevention, detection, diagnosis and management of falls-related conditions and risk factors</i>	Objectives	Proposed Action/Deliverables
	To promote the sharing of Falls risk assessment scores and care plans across continuum of care	Promote adoption and sharing of care plans across continuum of care to communicate falls risk and management plans
	To improve management of fall risk through awareness across circle of care	Develop and promote a risk stratification tool to allow for increased awareness of risk within circle of care

Engagement & Advocacy

<i>Build partnerships and advocate for a systemic person-centered approach to falls prevention and management</i>	Objectives	Proposed Action/Deliverables
	To advocate for equitable access to programming across region for older adults and unique populations	Apply the Health Equity Impact Assessment (HEIA) to planning and projects
	To co-create strategy and develop key deliverables with older adults and key stakeholder groups	Engage older adults throughout initiative development
	To build partnerships and promote strategy and key initiatives to stakeholder groups	Establish mechanisms for promotion and feedback across sectors
	To support the sustainability of the strategy and key initiatives	Advocate for resources to support the implementation of the strategy and key initiatives

Tracking Success

Quality improvement, implementation science (see Appendix 2) and evaluation are key enablers to the success of the strategy. As a result, the impact of priority projects will be measured and tracked through tests of change and sustained spread of initiatives.

Three key outcome measures have been selected to gauge the impact of the strategy in accordance with the provincial Integrated Falls Prevention Framework recommendations, including:

- Number of falls-related admissions to inpatient care
- Number of falls-related ED visits
- Repeat ED visits for falls in the past 12 months

Broader expected impacts of a regional systemic approach to fall prevention and management include:

- Improved health and well-being
- Improved health management
- Reduced risk, number and severity of falls
- Improved system navigation and integration
- Improved collective capacity

A regional dashboard is under development to track the key outcome measures across the South East. An annual report will be drafted to share progress and success.

Next Steps

The Regional Integrated Fall Prevention & Management Steering Committee has identified early areas for implementation that will provide the foundation for future initiatives. The following initiatives will be areas of focus for 2016-17:

Pillar	Initiative
Public Awareness & Education	Identification, adoption and promotion of consistent messaging on the prevention, risk and impact of falls
Service Navigation & System Integration	Development of a falls prevention and management microsite on the South East HealthLine
Provider Skill Development & Education	Environmental scan on education opportunities related to falls and falls risk factors, followed by a gap analysis to identify needs among providers in the South East
Assessment & Management	Review and promotion of best practice assessments across the continuum of care
Engagement & Advocacy	Incorporate the perspective of older adults and caregivers through Experience-Based Co-Design methods
	Continue to promote the strategy and key initiatives among stakeholder groups, while fostering collaboration across sectors

Progress will be reviewed quarterly and an update will be provided to stakeholders, followed by an annual report to summarize key achievements and refresh goals and objectives for the 2017-18.

For more information or to participate

In order to achieve a systemic approach to falls prevention and management, support and participation across all sectors is needed. To learn more about the strategy or participate in the planning and implementation of key initiatives, please contact fallprevention@lhins.on.ca.

References

1. World Health Organization. (2007) WHO Global Report on Falls Prevention in Older Age. (France: World Health Organization).
2. South East Local Health Integration Network, Knowledge Management Unit. (March 2016). South East LHIN Integrated Health Service Plan 2016-2019 Regional Capacity Analysis and Projections. Retrieved August 2016
from <http://www.southeastlin.on.ca/~media/sites/se/UploadedFiles/IHSP/IHSP4%202016-2019/ReCAP%202016%20-%202019.pdf>
3. Parachute. (2015). The Cost of Injury in Canada. (Toronto, ON: Parachute).
4. Public Health Agency of Canada. (2014). Seniors' Falls in Canada. (Ottawa, ON: Public Health Agency of Canada).

Appendix 1: Regional Integrated Falls Prevention & Management Leadership Group Membership

- Kingston, Frontenac and Lennox & Addington Public Health
- Leeds Grenville Lanark Public Health Unit
- Hastings Prince Edward Public Health
- Victorian Order of Nurses
- Community & Primary Health Care
- Centre for Studies in Aging & Health at Providence Care
- South East CCAC
- South East LHIN
- Queen's University School of Rehabilitation
- Perth & Smiths Falls District Hospital
- Ontario Neurotrauma Foundation
- Upper Canada FHT
- Queen's FHT
- Carveth Care Centre
- Lennox & Addington County General Hospital

Appendix 2: Implementation Science

For information about Implementation Science please see:

- The Active Implementation Hub (AIH) where there are learning modules on implementation, starting with Module 1 about what Active Implementation Frameworks are: <http://implementation.fpg.unc.edu/module-1> .



AIHub-Handout1-ActiveImplementationFra

- Implementation approach from the Ontario Centre for Excellence for Child and Youth Mental Health: <http://www.excellenceforchildandyouth.ca/how-we-help/implementation>
- The CAMH Implementation approach inspired by the first one (AIH): <http://servicecollaboratives.ca/implementation-framework/>

Appendix 3: Glossary

Provider - Health workers are all people engaged in promotion, protection and improvement of the health of the population and those whose job it is to protect and improve the health of their communities.

Dal Poz, M.R. et al. (2007). Counting health workers: definitions, data, methods and global results. Retrieved from http://www.who.int/hrh/documents/counting_health_workers.pdf

Skills-based health education is an approach to creating or maintaining healthy lifestyles and conditions through the development of knowledge, attitudes, and especially skills, using a variety of learning experiences, with an emphasis on participatory methods.

WHO INFORMATION SERIES ON SCHOOL HEALTH. (2003). Skills for Health. Retrieved from http://www.who.int/school_youth_health/media/en/sch_skills4health_03.pdf

Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes

World Health Organization. (2016). Health Education. Retrieved from http://www.who.int/topics/health_education/en/